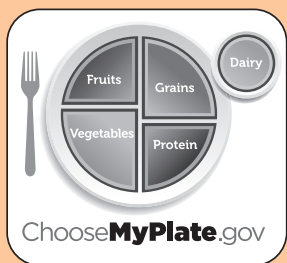


OCTOBER 2018

Lunch is only \$2.75 and includes the following healthy choices:

Lean Protein • Veggies* (steamed & fresh) • Fruits* (fresh & canned) • Whole Grain Breads & Rice • Milk (low fat or fat free)



- Fruits** Every Day Selections vary to create variety: Apples, Bananas, Cantaloupe, Craisins, Grapefruit, Honeydew, Kiwi, Nectarines, Oranges, Peaches, Pears, Plums, Strawberries, Tangerines, Watermelon
- Vegetables** Every Day Selections vary to create variety: Bell Peppers, Broccoli Florets, Carrot Sticks, Cauliflower Florets, Celery Sticks, Cherry/Grape Tomatoes, Cucumber Coins, Summer Squash, Zucchini



When you see an (L), this indicates locally sourced produce!

*Up to two cups per day. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Popcorn Chicken w/Pretzel Rod Black Bean & Cheese Burrito Garden Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Pears</i>	2 Orange Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Applesauce</i>	3 Crispy Chicken Sandwich Chicken Alfredo w/Garlic Breadstick Taco Salad Cheese & Yogurt Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	4 Taco w/Corn Chips Fiesta Pizza Chef Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	5 <i>Tasting of the Rainbow</i> Stuffed Crust Pizza Nacho Fish Sticks w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Roasted Carrots • Baby Carrots Mixed Green Salad • Baked Fruit</i>
8 Popcorn Chicken w/Pretzel Rod Steak and Cheese Sub Garden Salad Cheese & Yogurt Combo <i>Roasted Pumpkin (L) • Baby Carrots Mixed Green Salad • Baked Fruit</i>	9 Teriyaki Chicken w/Rice Hot Dog Chicken Tender Salad Cheese & Yogurt Combo <i>Vegetarian Beans • Baby Carrots Mixed Green Salad • Peaches</i>	10 Crispy Chicken Sandwich Italian Sausage Pasta Bake w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pears</i>	11 Taco w/Corn Chips Chicken Quesadilla Chef Salad Cheese & Yogurt Combo <i>Broccoli • Baby Carrots Mixed Green Salad • Applesauce</i>	12 Stuffed Crust Pizza Fish Sandwich Salmon Salad SunButter & Cheese Combo <i>Green Beans • Baby Carrots Mixed Green Salad • Pineapple</i>
15 Pancakes w/Sausage General Tso's Beef w/Rice Garden Salad Cheese & Yogurt Combo <i>Roasted Butternut Squash (L) • Baby Carrots Mixed Green Salad • Mandarin Oranges</i>	16 Taco w/Corn Chips Garlic French Bread Pizza Chicken Tender Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Baked Fruit</i>	17 <i>Two Hour Early Dismissal National School Lunch Week</i>	18 Chicken Drumstick w/Corn Muffin BBQ Pork Sandwich Chef Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Pears</i>	19 Pizza Baked Fish w/Mango Habanero Rice Salmon Salad Hummus & Sunflower Seeds Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Applesauce</i>
22 Popcorn Chicken w/Pretzel Rod Beef Dippers w/Rice Garden Salad Cheese & Yogurt Combo <i>Corn • Baby Carrots Mixed Green Salad • Pineapple</i>	23  Schools Closed	24 Crispy Chicken Sandwich Parmesan Chicken Pasta Bake w/Garlic Bread Stick Taco Salad Cheese & Yogurt Combo <i>Roasted Pumpkin (L) • Baby Carrots Mixed Green Salad • Baked Fruit</i>	25 Taco w/Corn Chips Chicken Cheese Steak Chef Salad Cheese & Yogurt Combo <i>Roasted Acorn Squash • Baby Carrots Mixed Green Salad • Peaches</i>	26 Stuffed Crust Pizza Fish Taco w/Corn Chips Salmon Salad SunButter & Cheese Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pears</i>
29 Pancakes w/Sausage Chicken Fajitas Garden Salad Cheese & Yogurt Combo <i>Oven Roasted Potatoes • Baby Carrots Mixed Green Salad • Applesauce</i>	30 Taco w/Corn Chips Buffalo Chicken Pizza Chicken Tender Salad Cheese & Yogurt Combo <i>Taco Fiesta Beans • Baby Carrots Mixed Green Salad • Pineapple</i>	31 Crispy Chicken Sandwich Korean BBQ Meatballs w/Rice Taco Salad Cheese & Yogurt Combo <i>Broccoli Normandy • Baby Carrots Mixed Green Salad • Mixed Fruit</i>	Job Opportunities • Come Join Our Team Call 410-222-5900 or go to www.aacps.org <i>An equal opportunity employer</i>	

Breakfast \$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Cereal (Cinnamon Chex, Cinnamon Toast Crunch, Corn Chex, Fruity Cheerios, Golden Grahams, Multigrain Cheerios), Cinnamon Roll Goldfish, Flip, French Toast Goldfish, Graham Crackers, Mini Benefit Breakfast Bar, Mini Loaf, Mini Muffin, Mini Oatmeal Bar, Mini Sweet Potato Roll, Muffin, Multi-Grain Breakfast Break, Nutri-Grain Bar, Oatmeal Bar, Pumpkin Bread, String Cheese, Sweet Potato Roll, Ultimate Breakfast Round, Yogurt, Zucchini Bread | Low Fat & Fat Free Milk, 100% Fruit Juice, Fruit



AACPS offers MyPaymentsPlus to manage your child's meal account on-line. Visit www.MyPaymentsPlus.com to register today.

Tune into Food for Thought on AACPS -TV:



Broadstripe: Channels 96 & 496 (HD)
Comcast: Channels 96 & 996 (HD)
Verizon: Channels 36 & 961 (HD)

Have you completed the SY 2018-2019 Meal Benefit Application? October 16, 2018 is the last day to receive benefits based on the SY 2017-2018 application. Go to: <https://frapps.horizonsolana.com/ANNA02> or scan the QR code.

